

EMPLOYEE TRAINING RECORD			
TRAINING TITLE Safeguarding Your Vision: Protecting Eyes from Disease			
<p style="text-align: center;">KEY TEACHING POINTS</p> <ul style="list-style-type: none"> • The American Optometric Association reports an estimated 4 million people in the United States are visually impaired, most from eye disease, and more than 200,000 eye injuries occur each year, many of which cause partial or total loss of sight. • The AOA, stressing the importance of safeguarding vision at all times, offers these suggestions: <ul style="list-style-type: none"> • Get regular eye exams. This is especially important to detect eye diseases such as glaucoma, cataracts and age-related macular degeneration in the early stages. • Wear protective eyewear while using any kind of tool or chemical, and while playing sports. Thousands of eye injuries occur each year from flying debris, and a number of these injured are bystanders not wearing safety glasses. Chemical splashes can send you to the emergency room too. And don't underestimate the potential for injury while playing your favorite sports - they account for approximately 13% of all eye injuries. • Wear sunglasses when outdoors. Long-term exposure to the sun's UV radiation may cause eye disease such as cataracts or age-related macular degeneration. Look for lenses that block 99 to 100 percent of both UV-A and UV-B radiation. • Eat your spinach. Popeye had the right idea - but instead of building our muscles, you'll be protecting your eyes from age-related macular degeneration. Spinach, kale and other dark green leafy vegetables contain a nutrient called lutein, which may help prevent this disease. 			
TEST			
QUESTION		ANSWERS	
		TRUE	FALSE
1 Get regular eye exams.			
2 Wear protective eyewear while using any kind of tool or chemical, and while playing sports.			
3 Wear sunglasses when outdoors.			
4 Long-term exposure to the sun's UV radiation may cause eye disease such as cataracts or age-related macular degeneration.			
5 Eat your spinach.			
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE	
SUPERVISOR'S NAME	SUPERVISOR'S SIGNATURE	DATE	

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1. True 2. True 3. True 4. True 5. True